

## Bijlage 1: Registratie gewicht januari - juni

Het is de bedoeling dat u zich iedere ochtend weegt. Doet u dit op een vast tijdstip en in vergelijkbare kleding. Noteer uw gewicht vervolgens in kilogram (kg) in de onderstaande kolommen.

**Let op:** Weegt u een aantal kilo meer of minder in twee of drie dagen tijd? Dit kan een teken zijn dat het lichaam teveel of te weinig vocht vasthoudt. Het is belangrijk dat u dan contact opneemt met de hartfalenpoli of uw huisarts.

| Datum | kg | Datum | kg | Datum | kg | Datum | kg | Datum | kg | Datum | kg |
|-------|----|-------|----|-------|----|-------|----|-------|----|-------|----|
| Jan   |    | Feb   |    | Mrt   |    | April |    | Mei   |    | Juni  |    |
| 01    |    | 01    |    | 01    |    | 01    |    | 01    |    | 01    |    |
| 02    |    | 02    |    | 02    |    | 02    |    | 02    |    | 02    |    |
| 03    |    | 03    |    | 03    |    | 03    |    | 03    |    | 03    |    |
| 04    |    | 04    |    | 04    |    | 04    |    | 04    |    | 04    |    |
| 05    |    | 05    |    | 05    |    | 05    |    | 05    |    | 05    |    |
| 06    |    | 06    |    | 06    |    | 06    |    | 06    |    | 06    |    |
| 07    |    | 07    |    | 07    |    | 07    |    | 07    |    | 07    |    |
| 08    |    | 08    |    | 08    |    | 08    |    | 08    |    | 08    |    |
| 09    |    | 09    |    | 09    |    | 09    |    | 09    |    | 09    |    |
| 10    |    | 10    |    | 10    |    | 10    |    | 10    |    | 10    |    |
| 11    |    | 11    |    | 11    |    | 11    |    | 11    |    | 11    |    |
| 12    |    | 12    |    | 12    |    | 12    |    | 12    |    | 12    |    |
| 13    |    | 13    |    | 13    |    | 13    |    | 13    |    | 13    |    |
| 14    |    | 14    |    | 14    |    | 14    |    | 14    |    | 14    |    |
| 15    |    | 15    |    | 15    |    | 15    |    | 15    |    | 15    |    |
| 16    |    | 16    |    | 16    |    | 16    |    | 16    |    | 16    |    |
| 17    |    | 17    |    | 17    |    | 17    |    | 17    |    | 17    |    |
| 18    |    | 18    |    | 18    |    | 18    |    | 18    |    | 18    |    |
| 19    |    | 19    |    | 19    |    | 19    |    | 19    |    | 19    |    |
| 20    |    | 20    |    | 20    |    | 20    |    | 20    |    | 20    |    |
| 21    |    | 21    |    | 21    |    | 21    |    | 21    |    | 21    |    |
| 22    |    | 22    |    | 22    |    | 22    |    | 22    |    | 22    |    |
| 23    |    | 23    |    | 23    |    | 23    |    | 23    |    | 23    |    |
| 24    |    | 24    |    | 24    |    | 24    |    | 24    |    | 24    |    |
| 25    |    | 25    |    | 25    |    | 25    |    | 25    |    | 25    |    |
| 26    |    | 26    |    | 26    |    | 26    |    | 26    |    | 26    |    |
| 27    |    | 27    |    | 27    |    | 27    |    | 27    |    | 27    |    |
| 28    |    | 28    |    | 28    |    | 28    |    | 28    |    | 28    |    |
| 29    |    | 29    |    | 29    |    | 29    |    | 29    |    | 29    |    |
| 30    |    |       |    | 30    |    | 30    |    | 30    |    | 30    |    |
| 31    |    |       |    | 31    |    |       |    | 31    |    |       |    |

**Bijlage 2: Registratie gewicht juli - december**

| Datum       | kg | Datum      | kg | Datum      | kg | Datum      | kg | Datum      | kg | Datum      | kg |
|-------------|----|------------|----|------------|----|------------|----|------------|----|------------|----|
| <b>Juli</b> |    | <b>Aug</b> |    | <b>Sep</b> |    | <b>Okt</b> |    | <b>Nov</b> |    | <b>Dec</b> |    |
| 01          |    | 01         |    | 01         |    | 01         |    | 01         |    | 01         |    |
| 02          |    | 02         |    | 02         |    | 02         |    | 02         |    | 02         |    |
| 03          |    | 03         |    | 03         |    | 03         |    | 03         |    | 03         |    |
| 04          |    | 04         |    | 04         |    | 04         |    | 04         |    | 04         |    |
| 05          |    | 05         |    | 05         |    | 05         |    | 05         |    | 05         |    |
| 06          |    | 06         |    | 06         |    | 06         |    | 06         |    | 06         |    |
| 07          |    | 07         |    | 07         |    | 07         |    | 07         |    | 07         |    |
| 08          |    | 08         |    | 08         |    | 08         |    | 08         |    | 08         |    |
| 09          |    | 09         |    | 09         |    | 09         |    | 09         |    | 09         |    |
| 10          |    | 10         |    | 10         |    | 10         |    | 10         |    | 10         |    |
| 11          |    | 11         |    | 11         |    | 11         |    | 11         |    | 11         |    |
| 12          |    | 12         |    | 12         |    | 12         |    | 12         |    | 12         |    |
| 13          |    | 13         |    | 13         |    | 13         |    | 13         |    | 13         |    |
| 14          |    | 14         |    | 14         |    | 14         |    | 14         |    | 14         |    |
| 15          |    | 15         |    | 15         |    | 15         |    | 15         |    | 15         |    |
| 16          |    | 16         |    | 16         |    | 16         |    | 16         |    | 16         |    |
| 17          |    | 17         |    | 17         |    | 17         |    | 17         |    | 17         |    |
| 18          |    | 18         |    | 18         |    | 18         |    | 18         |    | 18         |    |
| 19          |    | 19         |    | 19         |    | 19         |    | 19         |    | 19         |    |
| 20          |    | 20         |    | 20         |    | 20         |    | 20         |    | 20         |    |
| 21          |    | 21         |    | 21         |    | 21         |    | 21         |    | 21         |    |
| 22          |    | 22         |    | 22         |    | 22         |    | 22         |    | 22         |    |
| 23          |    | 23         |    | 23         |    | 23         |    | 23         |    | 23         |    |
| 24          |    | 24         |    | 24         |    | 24         |    | 24         |    | 24         |    |
| 25          |    | 25         |    | 25         |    | 25         |    | 25         |    | 25         |    |
| 26          |    | 26         |    | 26         |    | 26         |    | 26         |    | 26         |    |
| 27          |    | 27         |    | 27         |    | 27         |    | 27         |    | 27         |    |
| 28          |    | 28         |    | 28         |    | 28         |    | 28         |    | 28         |    |
| 29          |    | 29         |    | 29         |    | 29         |    | 29         |    | 29         |    |
| 30          |    | 30         |    | 30         |    | 30         |    | 30         |    | 30         |    |
| 31          |    | 31         |    |            |    | 31         |    |            |    | 31         |    |